DOCUMENT RESUME

ED 456 931 PS 029 784

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TITLE	Ten Talks Parents Must Have with Their Children about Drugs & Choices.
ISBN	ISBN-0-7868-8664-1
PUB DATE	2001-00-00
NOTE	379p.
AVAILABLE FROM	Hyperion Books, 77 West 66th Street, New York, NY 10023-6298 (U.S., $13.95; Canada, $19.95). Web site: http://www.HyperionBooks.com.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Adolescents; Alcoholism; *Child Rearing; *Children; *Decision Making; Definitions; Drinking; Drug Abuse; Drug Addiction; *Drug Education; Drug Use; Marijuana; Parent Child Relationship; *Parent Role; Parents; Self Control; Sexuality; Smoking; Values Education
IDENTIFIERS	Choice Behavior

ABSTRACT

Many parents know they need to talk with their children about making responsible choices but do not know where to begin. This book offers practical advice on how to begin and what to say to third to twelfth graders about drugs, sexuality, peer pressure, stress, health, the law, and mixed media messages. Each chapter focuses on a different aspect of drug use and is divided into four sections. In the first section are ways for parents to clarify their own values and family rules. The second section centers on situations for parents and children to read, illustrating challenging situations children might face everyday; these scenarios are followed by questions for parents to ask to encourage children to share their views. The third section provides an opportunity for parents to reflect on their child's responses and to identify potential problems. The fourth section contains sample talks with excerpts of actual family conversations. Following an introductory chapter presenting the ten talks philosophy and how the approach is implemented, the book's chapters are: (1) "What Are Drugs? Talking about 'Your' Definitions"; (2) "How Do You Feel? Talking about How Drugs Alter Your Feelings"; (3) "Is That What the Doctor Ordered? Talking about Over-the-Counter and Prescription Drugs"; (4) "Want a Drink? Talking about Alcohol Use and Misuse"; (5) "Where There's Smoke... Talking about Tobacco"; (6) "Changing Perceptions: Talking about Marijuana"; (7) "Different Drugs/Different Dangers: Talking about Definitions and Decisions"; (8) "Personal Choices: Talking about Sexuality and Alcohol and Other Drugs"; (9) "Losing Control/Taking Control: Talking about Addiction"; and (10) "How Families Cope: Talking about Family Values, Rules, and Consequences." The book's afterword emphasizes the community support available to parents related to drug education and choices. (KB)

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